

Marketing Minutes by Deanna Brewer

I want to thank everyone for their wonderful support for our Bingo Bonanza Extravaganza fundraiser for Shriners Children Hospital. I'm proud to announce that with our group effort, we raised \$1,512.00. I also want to announce that Campus Commons added an additional amount of \$750.00. That brings our grand total for the past five years to \$8,001. Thank you for a fun afternoon and giving to a fabulous cause.

For October, we have some interesting symposiums and presentations for you. On October 19th, Michelle Hylton will discuss what Medicare Options are available to you for 2018. If you sign up and attend, you will receive a free pie.

The Renaissance Society will be here for two dates in October. On the 12th, the topic is "Origins of Christianity" with Ed Sherman and on the 26th, the symposium is titled "Culture of the Balkans" and the presenter is Barbara Bevan.

On another note, we still have a few apartments that are available. If you have a friend that's interested, please have them contact me. Remember, friends make the best neighbors.

New Resident Paige Small

If you haven't met Paige, you don't know what you're missing. She is the sweetest; she has offered to help her fellow residents and neighbors with two things: if you need to get rid of an item in your apartment and want to donate, she'll be happy to take it for you and, if you need a ride somewhere within reason, she'll be happy to take you. Thank you, Paige, for stepping up and offering additional assistance. If you need to get in touch with Paige, she's listed in our in-house phone list.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 929-3966 Fax 929-3627
 Barbara/Activities Office 929-6003
 Van/Transportation 468-3091
 Dining Room 921-5998
 Comfort Keepers 560-9100
 Police Non-Emergency 264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Para Transit 429-2744
 Yellow Cab 444-2222

Beauty Salon Jane Ma 223-9658
 Tuesday-Saturday
 Clean Touch Dry Cleaning 366-6666
 Pick-up & Drop-off Monday & Thursday

Movie Time

The cold weather is on the way. What could be finer than snuggling in a warm afghan on the sofa, a cup of hot chocolate and a good movie? We had a small collection of movies in the library but they were on a small book shelf in a corner of the library which was not well lit. A big thanks to Judy, who donated many movie DVDs to Campus Commons. We became excited to find a new place for movies for our residents.

These movies are NOW located in the Activities Center behind the second set of doors, under the counter on the right. Behind this set of doors is a large drawer that smoothly pulls out, is well lit and has easy access to finding a good movie.

So, if you are having a bad hair day, feeling a bit out of sorts or want to be alone, avail yourself of a good movie. Just like our library, movies are taken out on the honor system; take it, enjoy it and return it when you are done.

Campus Commons

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 Transportation/
 Activity Director Assistant

Chris Cook, Maintenance
 Donnie Terry, PT Maintenance

Charlene Wickizer, Marcy Solis &
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer &
 Thealise Wager, Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

I'm happy to announce another new employee, Judy Dadigan. Judy joined us the middle of September and I hope you have all had a chance to stop by and introduce yourself to her. Judy retired from the State about a year ago and we are so pleased that she wanted to spend Sundays, Mondays and Holidays with you (and me). Welcome Judy!

We are a pet friendly community. I received a suggestion from several residents about getting a "pet committee" together – what this means is if the pet owner has gone to the hospital or will be away for a few days, the committee would be notified to check in and care for the pet. Although most pet owners have family to step in and help in these situations, there may be a time when that's not possible. If you are interested in being a "pet sitter", and all that it implies, let me know and we can put a committee together. What a great idea to help your fellow resident in a time of need.



When you are completing a form for the dining suggestion box, please put the date on it. Many residents are filling these out but fail to put the date of the meal so we don't know what meal you are talking about.

A gracious resident donated a lot of movies on DVD format. We have put them in the Activity Center under the counter. The draw pulls out so easy to view - help yourself to a movie and return when you are finished.

Please review your calendar closely this month. Remember, we have changed the day/times of lab appointments, banking and grocery shopping (separate notice was sent out on September 20th).

Pumpkin carving, candy bar and photo booth! All coming at 2pm in the lobby on October 31st. See you then!

Activity Corner by Barbara Higley

I would like to extend a warm welcome to our new residents and invite you to become involved with your community. We offer an attractive exercise program to meet the needs of all residents. Visit our Yoga, Tai Chi, Strengthen and Balance classes along with Music in Motion to determine a fit for you. Also, we offer a low impact exercise class in the afternoon for those of you who are not early risers. Stop in and visit while we play Beanbag Baseball, Wii Bowling, Craft Class or Word Makers and you may decide to join us! For those of you that enjoy educational presentations, join us for Cracker Barrel or Renaissance Society.

Your suggestions are always welcome for Wednesday outings....and for those of you that enjoy singing, we do that too! Visit our Sing Along every other week. You can review the activities on your monthly calendar that you receive at the end of each month. If there is something you would like to see offered, please feel free to stop by my office and let's discuss.

We will visit Bishops Pumpkin Patch in Wheatland on **Wednesday, Oct 18th** to kick off the fall festivities. This is a popular outing so be sure and sign-up early as space is limited. In the past residents enjoyed being a "kid" again and rode the train along with the good ole fashioned Merry-go-Round...and of course I had to join in on the fun!

The Sacramento Banjo Band will entertain us for our Halloween festivities on **Tuesday, Oct 31st**. We will have a pumpkin carving contest for residents to judge, and prizes awarded for best costumes. Oh, and we can't forget that favorite Candy Bar made available for residents to enjoy. The day promises to be a "spook-tacular" afternoon with yummy treats, ghoulish drinks and food along with spirited music!



October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Shirley Moore, October 1st
 Tim Neff, October 2nd
 Claire Quinlan, October 3rd
 Mel Holland, October 4th
 Leila Gardner, October 5th
 Elsie Kazarian, October 8th
 Jennie Olson, October 10th
 Jeanette LaRocco, October 12th
 Frank Wright, October 23rd
 Nancy Millin, October 25th
 Ruth Rasmussen, October 26th
 Boo Hartzell, October 27th
 EB Long, October 27th



From Chef Richard

It has come to my attention that some residents are under the assumption that we use MSG Products here at Campus Commons. Sodexo does not use any MSG products or other types of preservatives in our foods. We are committed to offer our residents safe and chemical free foods for your health and safety.

October's Featured Resident

by Shirley Riemer

Raised in the San Jose area, Gloria Roberts and her sister were born of parents who decided from their very first days of parenting that they were going to raise their children right! As a matter of fact, Gloria's parents made a point of giving their children presents when they were good! Gloria's little sister, on the other hand, once had her legs tied together with a dishtowel so that she wouldn't run away!

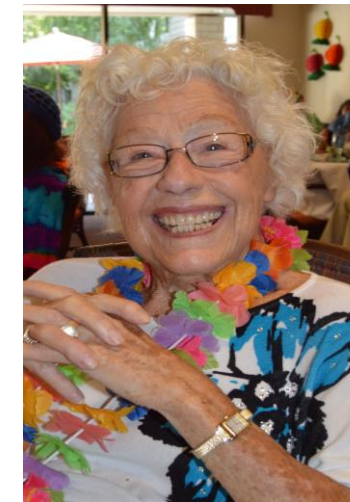
Incredibly, Gloria never missed a day of school – from age four through graduate school! (Luckily, those "childhood diseases" hit during the summer months.)

As a child, Gloria loved to play school – so much so that she taught her little sister all the multiplication tables up to "16 times 16." Yet Gloria had no yearning to become a teacher, even into her college years.

Meantime, during her growing-up years and beyond, Gloria's father was a hero to both of his daughters. In fact, when they reached their adult years, both Gloria and her sister would admonish their own husbands for doing something their father would never have done – like failing to pay a bill on time, or talking on the phone too long.

With no boys to raise, Gloria's father nevertheless took pleasure in teaching Gloria the art of boxing – one of his own passions! He delighted in training his daughter in boxing moves.

One day during boxing practice, Gloria, with her child-sized hands, was able to punch through her father's guard, and sock a punch right through her father's defense – giving him a black eye! His response? He thought that move



was absolutely great! That punch that got him a black eye was a master stroke! He bragged all around about his daughter's boxing skill!

Her father was also intent on teaching young Gloria how to swing a baseball bat. During one practice session, however, Gloria managed to swing at the ball so hard and fast that the ball crashed through the windshield of her father's car! Again, her father was ecstatic. What a great swing! What a hit! He could not have been prouder!

Following her college years, Gloria did finally go into teaching, at Yreka High School, for a career that would continue for 40 years! In her very first year of teaching U.S. history at Yreka High School, she was assigned to a class of 46 students, only six of them girls, some who couldn't read, and others very bright – a common luck of the draw for first-year teachers.

Teaching on for the next 40 years, Gloria accumulated hundreds of former students. She still happens to meet some of them these many years later. Recently she encountered a former freshman class student, now a minister and a teacher, who recalled a 60-years-ago class that Gloria taught. What did he remember about that freshman class she taught those many years ago? He recalls her demonstrating the "art of applause."

To explain: It was around 1950 when students at the school were invited to a musical concert in the gymnasium. At that performance, the students, at the conclusion of a concert piece, would stamp their feet on the floor. The guest musician abruptly stopped the performance, admonishing the students by telling them that foot-stomping is not a proper way to show appreciation!

In social studies class the next day, Gloria, having heard about that incident in the gymnasium, gave the class a demonstration lesson – how to put one's hands together and make a proper clapping noise. What does that long-ago student remember now, from 60-plus years ago? "Our teacher taught us how to clap."